



## ABSTRACT OF THE INVENTION

5 [ A hat with a shading cover and hood with a shading cover for protecting the back part of the head and nape of a person under a scorching sun from the direct rays and the heat of the sun and having a cold insulator incorporated therein to keep cool the head and nape of the wearer for a long time. A structure having a pivot turnable at at least one point on a detachable connection part between a hat body and a shading cover made of cloth or the like, and capable of storing or extracting the shading cover into/out of the hat body by turning the shading cover so that one (e.g., rear surface) of the front and rear surfaces of the cover is flush with the surface of the wear's head. Or a convenient structure having, incorporated into a shading cover unit, a cold insulator such as water absorbing fibers impregnating and retaining water to cold-insulate using evaporating heat, and capable of exposing the top of a wearer's head to the outside of the hat body when the shading cover is stored in the hat body and cooling the back part of the head and nape of the wearer when the cover is used for shading. A hood structure having a hair band and a shading cover integrated together and each provided with a cold insulator for doubly cooling the head and nape of the wearer for a long time.]

20 A cap comprises a cap body; a sunshade cover removably connected to said cap body by means for connecting, having material for cooling, capable of exposing the top of a wearer's head to the outside of the hat body when the shading cover is stored in the hat body and cooling the back part of the head and nape of the wearer when the cover is used for shading, capable of storing or extracting the shading cover into/out of the hat body by turning the shading cover so that a front and rear surfaces of the cover

is flush with the surface of the wear's head so that it can protect the back part of the head and nape of a person under a scorching sun from the direct rays and the heat of the sun.

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A cap comprises a cap body; a sunshade cover removably connected to said cap body by means for connecting, having material for cooling, capable of exposing the top of a wearer's head to the outside of the hat body when the shading cover is stored in the hat body and cooling the back part of the head and nape of the wearer when the cover is used for shading, capable of storing or extracting the shading cover into/out of the hat body by turning the shading cover so that a front and rear surfaces of the cover is flush with the surface of the wear's head so that it can protect the back part of the head and nape of a person under a scorching sun from the direct rays and the heat of the sun.